BACK FROM HALLADAY: DOC GETS A BIG VICTORY

CHANGE HAS CERTAINLY BEEN A GOOD THING FOR THE PHILLIES. PAGE 32

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Save big bucks on the old homestead with tax break

Deadline looming. Homeowners have until Sept. 13 to apply for a homestead exemption, which could save up to $400 on tax bills.
Getting the word out. A property assessment spokeswoman said people may not know they can apply for it — but they still can. PAGE 02

Biking in the buff

PAGE 02

Thousands took to the streets for the annual Philly Naked Bike Ride. Clothing optional. / PAIGE OZAROSKI, METRO

It's too late to probe gas in Syria: US

PAGE 08

'The Butler' cleans up at box office

PAGE 23

Something's rotten on the Vine

PAGES 24-25

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RESTAURANT WEEK
Where will your food mood take you?
FIND OUT INSIDE

1 NEWS

Time is running out for property tax break

AVI. Officials are encouraging residents to apply for the homestead exemption, which could save them big bucks on tax bills.

The city of Philadelphia wants less of your money — when it comes to property taxes, anyway.

Officials are gearing up for next year's switch to the Actual Value Initiative, under which properties will be taxed based on their true market value rather than a predefined rate.

They're aggressively advertising the homestead exemption, which will knock $30,000 off the assessed value of owner-occupied properties, saving homeowners up to $400 on their tax bills.

The only catch? People have to apply.

"As of Aug. 16, we had just over 205,000 applications approved," Office of Property Assessment spokeswoman Kate Dreher said. "We know that there are, based on the various data sources we've pulled together, approximately 320,000 to 340,000 eligible homeowners in the city, so we know that there are definitely still a number of homeowners who have not yet taken advantage."

That's despite a campaign that's included community information sessions, radio spots, posters at local grocery stores and fliers slipped into water bills and sent home with school students.

They've also targeted publicity to certain neighborhoods where the fewest homeowners have applied. "Parts of North Philadelphia down into Southwest Philadelphia are typically where we've seen the lowest number of enrollment rates," Dreher said. "So we've definitely been trying to target our outreach through a number of ways to reach these populations in an effort just to get the word out about the program."

Who is eligible?

Homeowners of all ages and incomes whose property is their primary residence

- Owner-occupiers who have tax delinquencies
- Owners who live in mixed-use properties, who can receive the exemption for the portion of the property they use as their primary residence

Homestead hotline

215-686-9200
TTY 215-525-5010

One of the problems, according to Dreher, may have been information overload. Mayor Michael Nutter initially pushed for AVI to take effect this fiscal year, so outreach efforts began early.

"We've been doing this project now for over a year," Dreher said. "We started rolling it out last June, and we had really bombarded people with information in the beginning. There was a packet sent out to all homeowners last September with a letter from the mayor, a brochure and an application, so we kind of feel like we overloaded people with information."

The city is now simplifying the message, encouraging anyone who thinks they may be eligible to call the homestead exemption hotline. "We're really pushing that hotline and telling people, 'Call this number. It will save you money,'" Dreher said. "There is no downside to applying for the program."

But residents have less than three weeks to take action — the deadline is Sept. 13. And the city says that's final — for real, this time. "The deadline has been pushed back a few times. Sept. 13 is the final deadline for 2014," Dreher said. "People are maybe thinking we'll extend it again, but I think [with] our outreach — especially door-to-door, and we're also doing ads on SEPTA — there will be a spike in the applications we receive."

ALEX WIGGLESWORTH
awigglesworth@metro.us

Top 3

What's trending online at Metro.us

1 'Meredith Engel's firsthand account of the VMAs'

2 'VIDEO: Epic "Welcome to Georgia Tech" speech'

3 'VIDEO: Photographer creates incredible stop-motion video starring his beard'

Local Tweet

In traffic due to Philly Naked Bike Ride. Inspired to Chlorox wipe everything in my house. Keep cycling #pnbr!

Helen Gym, @ParentsUnitedPA, on yesterday's Philly Naked Bike Ride.

Nude cyclists cruise through for annual ride

Thousands bared what they dared yesterday afternoon, taking to the streets of Philadelphia for the annual Naked Bike Ride.

Some wore bras and panties, some went the full monty. Some cyclists, like Philadelphia's Jonathon Bowman, wore a jockstrap. He color-coordinated with his bright red bike.

"I haven't done the full monty yet," Bowman said.

This is the third year he's participated in the ride.

"I love the expressions on people's faces," he said. "The best is when we pass brides that are getting photo-ops. Most love it."

The bike route started at SugarHouse Casino, went through the Parkway, wrapped around City Hall, went all the way down South Street, through Old City and ended in Northern Liberties at the Piazza.

Some people got pretty creative with their choice of attire at this year's Philly Naked Bike Ride. / PAIGE OZAROSKI, METRO

Quoted

"I do it because it's a fun way to promote positive self image. Also, who wouldn't want to be a part of this crazy group?"

Bowman

The main reason for the bike ride is to promote cycling advocacy. The ride raises awareness about fuel consumption and environmental impacts of the car culture. But why naked?

It's about promoting a positive body image, said race officials. And also, because it's fun.

CHRISTINA PACIOLLA

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Boeing plant signs contracts worth billions

Takeoff. The company said it will deliver the first of the new helicopters to the UK's Air Force by year's end.

Military-machines maker Boeing, whose local plant is based in Delaware County, signed two five-year contracts in June with the United States military worth more than $10 billion.

The first contract, valued at about $4 billion, is with the U.S. Army for about 177 of the latest model Chinook — double-rotor, heavy-lift cargo helicopters.

The second, worth an estimated $6.5 billion, is for 99 V-22 Osprey aircrafts for the U.S. Air Force and Marine Corps.

The machines

The V-22 Osprey, labeled a "tilt-rotor" aircraft, can carry 24 combat troops or up to 20,000 pounds of internal cargo.

- The Chinook, whose design originated during the Vietnam War, can handle up to 24,000 pounds or a maximum weight of 50,000 pounds.

The quieter vehicle takes off and lands like a helicopter, but flies horizontally like an airplane. This contract is part of a 50/50 agreement with Bell helicopters in Texas.

While the contracts are expected to save upward of $800 million in government and taxpayer dollars, the Ridley Township facility, which employs about 6,200, recently announced it was laying off 41 workers at the site. Spokesman Andrew Lee says the company doesn't anticipate new hires to execute the new contracts.

TOMMY ROWAN
tommy.rowan@metro.us

A swollen river after heavy rains

People look out over a flooded Schuylkill River from the Water Works after last week's heavy rains filled the river with downed trees. / CHARLES MOSTOLLER, METRO

Accident

Woman, 35, killed by SEPTA train after fall

A 35-year-old woman was killed Saturday night after she fell and was hit by a train on the Market-Frankford line, police said.

The woman fell onto the Allegheny Station tracks after she was swaying while standing on the El platform. Police said she slipped onto the tracks just as the eastbound train was approaching the station at around 5:45 p.m., police said.

She was pronounced dead at the scene.

SEPTA spokesman Andrew Busch said services to the station, at Allegheny and Kensington avenues, stopped for about two hours as police conducted its investigation.

"The victim's identity is not available at this time pending family notification," police said.

Twelve people were killed by a SEPTA train in 2012. METRO

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Slain

Jane Doe stabbed to death in N. Philadelphia

An unidentified woman was stabbed to death early yesterday morning in North Philadelphia.

Police said the victim, who was yesterday being treated as a "Jane Doe," was shortly after 2:30 a.m. attacked on the 2200 block of West Huntingdon Street.

Responding officers found her lying on the street, stabbed multiple times in the chest and stomach. She was rushed to Temple University Hospital, where she died.

Investigators described the woman only as a black female of about 40 years of age. METRO

Suspect sought

Woman critical after hit-and-run

A hit-and-run early yesterday morning in the Garden Court section of West Philadelphia left a 23-year-old woman in critical condition.

Police shortly before 3:15 a.m. found the woman lying unconscious in the street at the intersection of 48th Street and Osage Avenue.

She was rushed to the Hospital of the University of Pennsylvania, where she was placed in critical condition with severe head injuries and broken bones consistent with an auto accident.

Investigators were on Sunday surveying the area for surveillance camera footage and possible witnesses. METRO

Opinion

JOHN BOLARIS

BOLARIS VISION

ON LEBRON, KIMYE, WEINER

The good, the bad and the ugly.

Let's start with LeBron James. He made news this past week when he actually had a police escort in Miami take him to the Jay-Z concert. God forbid he was late, so police broke protocol so the NBA star could skip traffic.

Quoted

"Listen LeBron, we all know you're the baddest basketball player on the planet with an ego the same size. But honestly, a police escort to get to a concert?"

Listen LeBron, we all know you're the baddest basketball player on the planet with an ego the same size. Honestly, a police escort to get to a concert? Let's say a true American hero were to get on the phone and ask for a police escort. That would never happen. Major violation.

On to the bad. Kim Kardashian (in case you haven't heard) gave birth to a baby girl named North West. She and Kanye have been running around with a blanket always draped over her.

Are we talking about some kind of future messiah here? No, we are talking about ratings. They wanted to display her to the world on Kris Jenner's struggling TV show — a last-ditch effort to save it.

Now for the ugly, and I do mean ugly!

Former Congressman Anthony Weiner, aka Carlos Danger, returned to politics and is running for NYC mayor. The New York Times editorial board, among many others, have demanded he leave the mayoral race. Weiner has said he has no intention to do so. I would expect first a book, then a movie on the life and times of Carlos Danger. That's as ugly as one can get.

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From the man himself

Ben Franklin talks about his inventions and experiments at Franklin Court over the weekend. To celebrate opening weekend and the National Park Service's 97th birthday, the Benjamin Franklin Museum had various free activities and events. PAIGE OZAROSKI, METRO

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Gas attack

Russia says 'tragic mistake' to assign blame too soon

Russia said yesterday that assigning blame too soon over the alleged chemical weapons attack in Syria would be a "tragic mistake," before a U.N. investigation today.

Without directly naming the United States, but in comments that warned against any military action against Syrian President Bashar al-Assad's government, Moscow urged against "hurried conclusions" over the reports of a poison gas attack. "We strongly urge those who, in trying to impose their opinion on U.N. experts ahead of the results of an investigation, announce the possibility of military action against Syria, to exercise discretion and not make tragic mistakes," the Russian Foreign Ministry said in a statement. REUTERS

Senior democrat

US response to Syria must be international action

Any U.S. response to the alleged use of chemical weapons in Syria must be part of an international action, a senior U.S. Democratic senator, Jack Reed, said yesterday.

Quoted

"This has to be an international operation, it can't be a unilateral American approach."
Reed

"It has to have support internationally, not just politically, but militarily," he said on CBS' "Face the Nation," adding that Washington could not get into a "general military operation in Syria." REUTERS

NOTICE OF PUBLIC HEARING AND PUBLIC COMMENT PERIOD PHILADELPHIA HOUSING AUTHORITY

The Philadelphia Housing Authority (PHA) is a participant in the Moving to Work Demonstration Program (MTW). PHA was initially selected to participate in the MTW Program in 2001. In October 2008, PHA entered into an Amended and Restated Moving to Work Agreement ("MTW Agreement") with the US Department of Housing and Urban Development ("HUD"), which has subsequently been further amended.

The MTW Agreement defines the terms and conditions under which PHA is a participant in the MTW Program. The MTW Agreement requires that PHA submit an MTW Annual Plan for HUD review and approval. PHA's current MTW Annual Plan for MTW Year Thirteen (PHA Fiscal Year 2014) was approved by HUD on May 30, 2013.

PHA is seeking public review and comments on two proposed actions relative to the MTW Program:

- **Amendment to the MTW Agreement** – The proposed amendment to the MTW Agreement will provide PHA with additional flexibility in utilizing Replacement Housing Factor funds received by PHA from HUD.
- **Amendment to the MTW Year Thirteen Annual Plan** – The proposed amendment to the MTW Annual Plan will: 1) Establish that PHA may apply to convert one or more public housing sites under the Rental Assistance Demonstration Program and that PHA may utilize MTW Block Grant funds to support the conversion; and, 2) Allow PHA to establish a flexible subsidy program for newly developed or acquiredpublic housing units, subject to HUD review and approval of each transaction.

Additional information regarding the proposed amendments is available from PHA. Copies are available for public review on PHA's website at: www.pha.phila.gov under the "Latest News" section or may be picked up at the following locations:

- **Housing Choice Voucher Program Office:** 2850 Germantown Ave 1st & 2nd Floor
- **Scattered Sites Management Offices:** 3417 Spring Garden Street, 1821 Vineyard St. 3226 McMichael St., 3218 Susquehanna Avenue, 400 W. Huntingdon St.
- **Public Housing Management Offices:** Bartram - 5404 Gibson Drive, Wilson Park - 2500 Jackson St., Raymond Rosen – 2110 N. 23rd St., Blumberg - 2311 W. Jefferson St.

PHA residents, Housing Choice Voucher participants and the general public may attend and provide comments at the Public Hearing described below and/or submit written comments on these proposed actions any time during the comment period. The Public Hearing is scheduled for the following time and location: **August 27, 2013 10 a.m. until noon, 1100 Poplar Street, Philadelphia, PA19123, Multipurpose Room.**

Only comments pertaining to the proposed actions noted above are being solicited. The comment period begins on August 6, 2013 at 12 noon and ends September 5, 2013 at 12 noon.All comments must be received by the end of the comment period. Please send your writtencomments to: **Philadelphia Housing Authority, Office of Policy, Research and Enterprise Planning, Attention: MTW Comment, 1606 Swain St., Philadelphia, PA 19130.**

The Public Hearing is being held in an accessible location. If you require assistance, sign language interpreter or other accommodations, please call 215-684-4000. Please use the AT&T Relay Service for TTY.

Philadelphia Housing Authority
Building Beyond Expectations

Syria lets UN inspect attack site, but US says too late

Syrian army tanks are deployed in the Jobar neighborhood of Damascus. The president of Syria's main opposition group called on Western nations to intervene after a suspected chemical attack. / GETTY IMAGES

Red line. Obama has warned that the use of chemical weapons would have serious consequences.

Syria agreed to let the United Nations inspect the site of a suspected chemical weapons attack, but a U.S. official said that any such offer would be "too late to be credible."

Foreign powers have been searching for a response since many hundreds of people were killed by poisonous gas on Wednesday in the suburbs of Damascus in what appears to have been the world's worst chemical weapons attack in 25 years.

The United Nations said Damascus had agreed to a cease-fire while a U.N. team of experts are at the site for inspections, which will begin today. Syria confirmed it had agreed to allow the inspections.

But there were increasing signs that the United States and its allies were considering taking action, a year after President Barack Obama said the use of chemical weapons was a "red line" that would prompt serious consequences.

A senior U.S. official said there was very little doubt that the Syrian government had used a chemical weapon against civilians on Wednesday and that Washington was still weighing how to respond.

"At this juncture, any belated decision by the regime to grant access to the U.N. team would be considered too late to be credible, including because the evidence available has been significantly corrupted as a result of the regime's persistent shelling and other international actions over the last five days," the official told Reuters yesterday. REUTERS

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Off-duty U.S. soldiers enjoy Saddam Hussein's swimming pool at the Republican Palace on July 14, 2003, in Baghdad, Iraq. / GETTY IMAGES

US soldiers vacation in Hussein's palace

House party. Gomez admits his men were "purposefully obnoxious."

As the war in Iraq drifted along after the fall of Saddam Hussein in summer 2003, the troops were restless. In an effort to keep them occupied, generals took a lucky few for some moments of luxury in one of the former dictator's opulent palaces. The party included Lt. Don Gomez, who is now publishing his adventures and told Metro about the trip.

Was it like spring break? Where there any rules?
We were restricted in that there were some no-go areas. It was a military building by then, and you could tell if somewhere was off-limits — but there was a lot to explore.

It must have been popular?
The group was about 15-20 U.S. soldiers, and it was full of everybody: Australian soldiers, international journalists, defense contractors, diplomats and lots of very attractive women. Some people stayed there for six months and rarely left.

Did everybody play nice?
It was like a high school mentality. Our morale had been low and then we had good food, air conditioning and a pool. Some of us were purposefully obnoxious, splashing around, and I think some of the Australians got annoyed.

Were you all getting good souvenirs?
Not at this point; it was a base that had been captured and guarded since early in the war.

KIERON MONKS
kieron.monks@metro.lu

The place to be

Did you go back?

Yes, two or three times — but it was not the same, and I don't remember them so well. After a while they introduced trips to Qatar, and there was nothing as good as that in the Baghdad palace.

Yosemite. Wildfire grows, fueling dangerous winds

A colossal wildfire raging on the edge of Yosemite National Park has produced dangerous weather patterns by fueling thunderous pyrocumulus clouds that can alter the wind direction rapidly, potentially trapping firefighters, forest officials said yesterday.

The so-called Rim Fire grew to 134,000 acres by early yesterday morning, with smoke columns rising more than 30,000 feet, said U.S. Forest Service spokesman Dick Fleishman.

"That's a real watch-out situation for our firefighters when they see that kind of activity, they know that the wind could actually move that fire right back on them," Fleishman said. "That's been happening every afternoon."

REUTERS

The Rim Fire outside of Yosemite National Park.
GETTY IMAGES

The store received a $30,000 bonus commission for selling the ticket, and it will give that money to charity. / GETTY IMAGES

New Jersey man revealed as final Powerball winner

Long-shot. The odds of winning the jackpot were about one in 175 million.

A New Jersey man has come forward as the third and final winner of the $448 million Powerball jackpot after buying the winning ticket at a South Brunswick supermarket, New Jersey lottery officials said.

Mario Scarnici of Monmouth Junction claimed his share of the prize, which amounts to $86 million before taxes. Two of the three winning tickets in the Aug. 7 drawing were sold in the state, according to a New Jersey Lottery statement released on Friday.

He purchased his ticket from the Super Stop & Shop supermarket in South Brunswick Township.

Jose Perez, a night manager at the Stop & Shop, said the winning ticket has been great for business and that employees are thrilled that the winner came forward to claim his prize.

"We were happy, first of all, that we sold it," said Perez in a telephone interview. "We sold a ticket before, but nobody claimed it."

According to a report on the Centraljersey.com website, Scarnici came forward with his two adult sons to claim his prize.

Members of a group of 16 Ocean County maintenance workers with a winning ticket will each receive about $3.8 million after taxes. The group, known as Ocean's 16, bought the Powerball numbers at the Acme Markets in Little Egg Harbor, N.J.

Scarnici could not be reached for comment, nor could a representative for the state lottery.

Paul White, an engineer from Ham Lake, Minn., was the other winner.

REUTERS

Cash option

$62M

Scarnici chose the cash option and will get about $62 million after taxes.

Patents

Microsoft, Motorola set for second round of trial

Microsoft takes on Google's Motorola Mobility unit this week in the second of two landmark trials between the companies that delve into hot disputes over the patents behind smartphone and Internet technology.

The jury trial starts today in federal court in Seattle. REUTERS

Sexual abuse

Penn State settles claim from Sandusky's adopted son

Pennsylvania State University has reached a settlement with former assistant football coach Jerry Sandusky's adopted son, who is among the men who have said they were sexually abused by him, a source with knowledge of the negotiations said on Saturday.

REUTERS

Kel-Tec plant

Lawyer for Zimmerman chides him for gun factory visit

George Zimmerman's lawyer has chided him for visiting a Florida firearms factory that makes the type of gun he used to kill unarmed black teenager Trayvon Martin last year.

Celebrity news website TMZ posted a photo of Zimmerman at the Kel-Tec plant in Cocoa.

REUTERS

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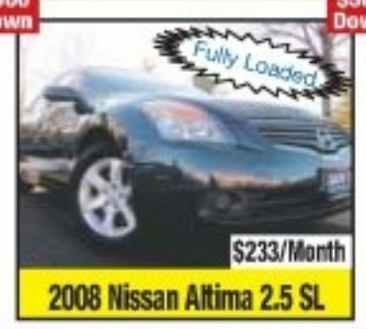

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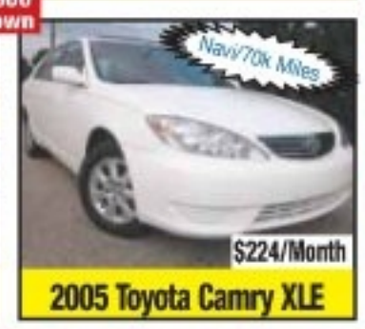

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Mexico fatal accident.
Migrant cargo train 'La Bestia' derails

At least five people were killed when a cargo train nicknamed "La Bestia," or "The Beast," on which would-be migrants hitch rides toward the U.S. border, derailed in a remote area of southern Mexico yesterday.

Luis Felipe Puente, national emergency service coordinator, said on Twitter that 35 people were injured, 16 seriously, in the accident in Huimanguillo in the southern state of Tabasco, and the death toll could rise.

Ambulances were unable to reach the scene because of the difficult terrain. The site could only be reached by helicopter or boat.

A photograph from the scene obtained by Reuters showed freight cars on their sides next to the tracks. REUTERS

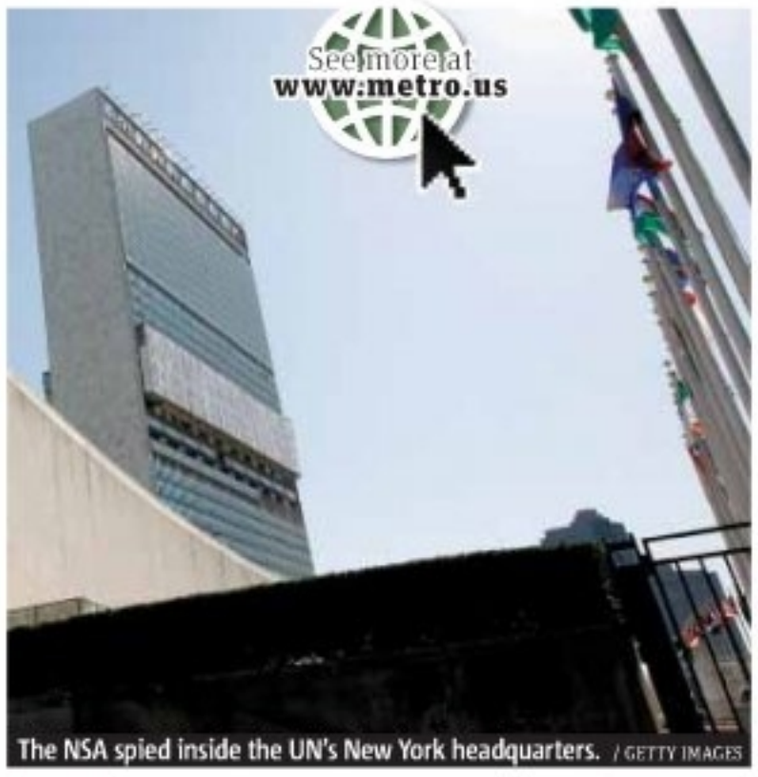
Sex crimes

Indian police round up all five suspects in Mumbai rape case

Indian police have arrested all five suspects in connection with the gang-rape of a photo journalist in Mumbai last week, a senior official said yesterday, in a case that has revived uncomfortable questions about women's safety.

News of the attack sparked street protests and uproar in parliament, a reaction reminiscent of the outcry that followed the rape and murder of a student in New Delhi in December. REUTERS

German news magazine says NSA bugged UN headquarters



The NSA spied inside the UN's New York headquarters. / GETTY IMAGES

Snowden. Leaks have embarrassed the U.S. by exposing the global extent of its surveillance.

The U.S. National Security Agency has bugged the United Nations' New York headquarters, Germany's Der Spiegel weekly said yesterday in a report on U.S. spying that could further strain relations between Washington and its allies.

Citing secret U.S. documents obtained by fugitive former intelligence contractor Edward Snowden, Der Spiegel said the files showed how the United States systematically spied on other states and institutions.

Der Spiegel said the European Union and the U.N.'s Vienna-based nuclear watchdog, the International Atomic Energy Agency (IAEA), were among those targeted by U.S. intelligence agents.

In the summer of 2012, NSA experts succeeded in getting into the U.N. video conferencing system and cracking its coding system, according one of the documents cited by Der Spiegel.

"The data traffic gives us internal video teleconferences of the United Nations (yay!)," Der Spiegel quoted one document as saying, adding that within three weeks the number of decoded communications rose to 458 from 12.

Internal files also show the NSA spied on the EU legation in New York after it moved to new rooms in autumn 2012. Among the documents copied by Snowden from NSA computers are plans of the EU mission, its IT infrastructure and servers. REUTERS

Bugging

80

According to the documents, the NSA runs a bugging program in more than 80 embassies and consulates worldwide called "Special Collection Service." "The surveillance is intensive and well organized and has little or nothing to do with warding off terrorists," wrote Der Spiegel.

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2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Lena Dunham is punk like Avril, Conan puts out a personal ad, Rainn Wilson is trying to break Twitter and Andy Cohen digs for 'N Sync gossip before the VMAs yielded an answer.

@lenadunham: Ironically, Avril Lavigne evokes a feeling in me that can only be described as punk.

@ConanOBrien: Ladies: Looking for a married man who's totally committed to his wife & only allowed to talk to other women via tweets? I'm your man.

@rainnwilson: BREAKING: 2Chainz was arrested in Oklahoma. He was taken away in 1Cuffs. (Im trying to break Twitter)

@BravoAndy : Hey @LanceBass you doing anything special today?????

VMADNESS!

Oh man, can you believe that Taylor Swift got played like that by Yeezy AGAIN at the VMAs last night? Just kidding, this is just a still from the film reel of that trauma that plays constantly in T-Swift's head. Girlfriend seriously can't let that one go. (Not sure if you guys know this, but Taylor Swift can hold a grudge. She's got a lot of feelings, OK?) When you get into work, head on over to Metro.us/entertainment to read up on all our coverage on what actually did go down at the Barclays Center last night. Spoiler alert: There was a big MTV thing. Celebrities were there. Taylor Swift was definitely there. / FILMMAGIC

Robin Thicke / WIREIMAGE

Blurred legal lines

Aww, poor Robin Thicke. The slick-as-hell singer is currently embroiled in a court battle with Marvin Gaye's estate over allegations that he jacked elements of Gaye's song "Got to Give it Up" for "Blurred Lines."

Gaye's people just nixed a six-figure settlement offer, which means Mike Seaver's slightly more suave bro will have to keep fighting the suit.

But you know who I don't feel too badly for? Robin Thicke. Homeboy is neck-deep in the finest tail the world has to offer (on set, at least; it is purported that he's happily married and faithful) and is currently owning the pop charts. And did I mention all the sex that guy is most definitely having (with his wife, JUST HIS WIFE), probably as I type this?

THE WORD

Alexandra Cavallo takes on the world of gossip.

ALEXANDRA CAVALLO
@AlexCavallo

Dorothy Robinson will return Sept. 3.

3 Kardashian husband missing on suspected Krack binge

I sometimes wonder what you'd have to be smoking to marry into the pack of bedazzled harpies that is the Kardashians. Turns out, it's crack. You have to be smoking crack.

It's recently been revealed that Lamar Odom (aka Mr. Khloe) has been addicted to crack for years.

And now, according to TMZ, he's missing. The Kardashians fear that the basketball star (now better known as the guy who has to listen to the least famous Kardashian whine all day) is on a drug binge after Khloe threw him out of the house. I'm thinking that he's just binging on

LAMAR ODOM
NBAE/GETTY IMAGES

time away from Khloe.

Because we all know what happens when you spend too much time with a Kardashian woman: The orange eunuch formerly known as Olympic athlete Bruce Jenner happens.

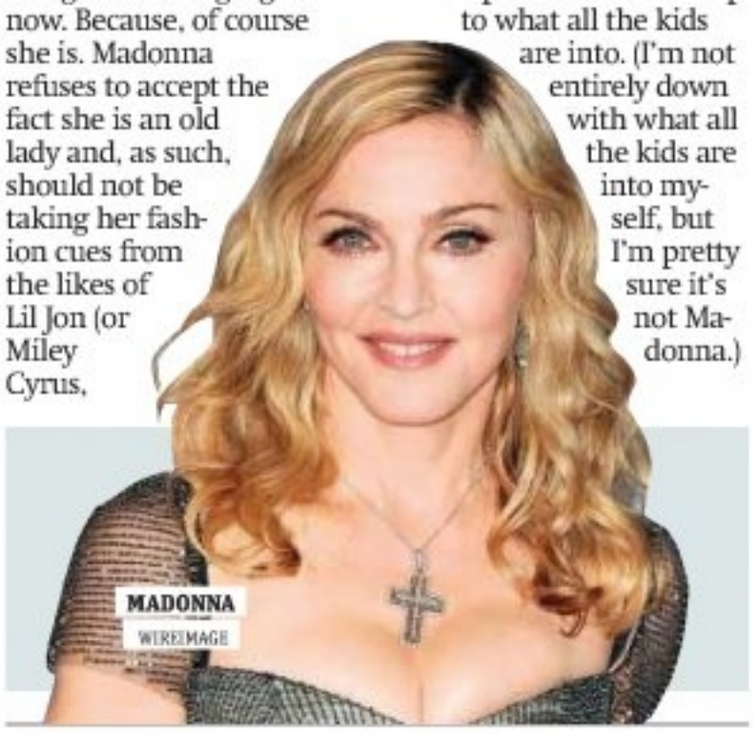
On a serious note, I do hope they find this guy alive and well.

1 Material grill

You know that thing that happens when white people get ahold of something that cooler black people are doing, thereby rendering it instantly lame? I'm pretty sure that Madonna has just done that thing to grills.

Because, uh yeah, Madge is wearing a grill now. Because, of course she is. Madonna refuses to accept the fact she is an old lady and, as such, should not be taking her fashion cues from the likes of Lil Jon (or Miley Cyrus, who hammered the first nail in the grill coffin).

The 55-year-old pop star showed up for the unveiling of her new fitness club in Rome with a big old mouth full of metal, in what could not be a more nakedly desperate attempt to remind us that she is still super relevant and hip to what all the kids are into. (I'm not entirely down with what all the kids are into myself, but I'm pretty sure it's not Madonna.)



MADONNA
WIREIMAGE

2 Chris Brown makes more good decisions

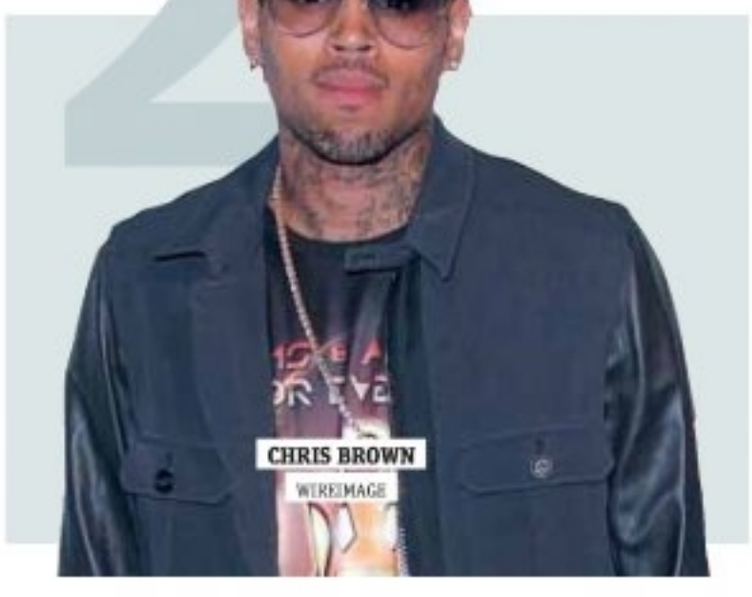
You know who is totally killing it at life right now? Chris Brown.

That guy is like the poster child for good decision making and not crapping all over your own personal brand. Beat up your very famous girlfriend? Check. DUI? Check. Insane Twitter rants about every gripe that passes through your crazy head? Check. Insinuating that you have ties to a very violent gang by illegally graffiti-ing a building? Check!

Brown hit that last checkbox this past Thursday in Hawaii, when he took time off from drinking fruity cocktails and hitting the beach to tag a wall with epitaphs like "F— police" alongside what is apparently a shout-out to the Bloods.

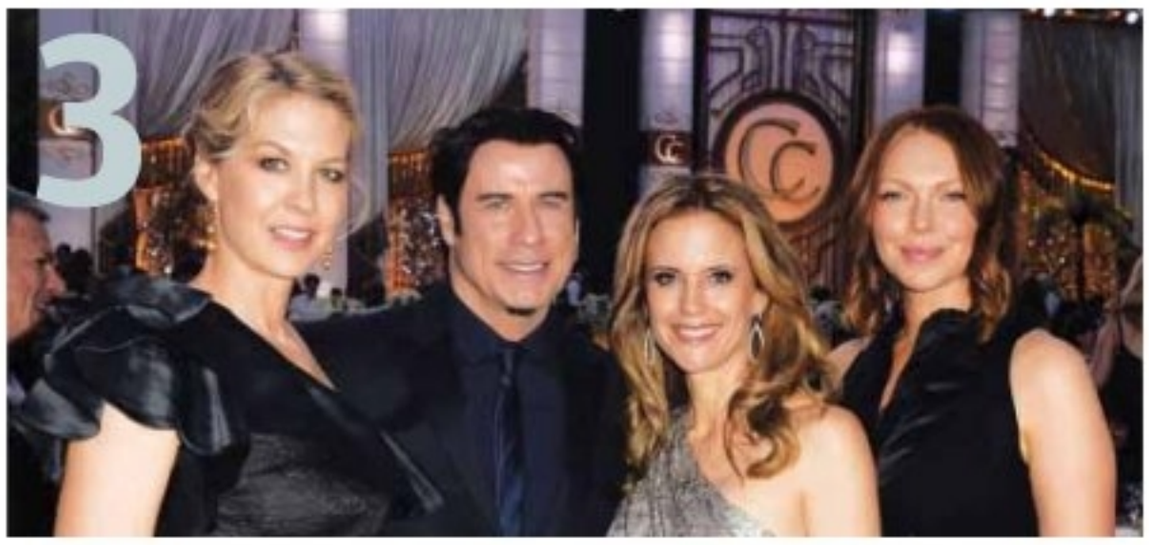
Brown, he of sound life choices, signed his illegal street art with the words "Fruits Piru," which people who know more about the intricacies of urban gang life than myself speculate is a reference to the Fruit Town Piru gang, a subset of the scary-as-hell L.A. gang.

Because a smart thing to do when you're on probation, and also a famous person, is to pledge your allegiance to one of the world's most notorious street gangs. Killing it!



CHRIS BROWN
WIREIMAGE

Celebs. Don't worry, we'll have VMA pictures tomorrow



1 Dear God, **Perez Hilton**, what are you wearing? The blogger and **Eve** attended his One Night In Brooklyn show at Music Hall of Williamsburg on Saturday in New York City.

2 **Busta Rhymes** gave a salute at the 2013 BMI R&B/Hip-Hop Awards at Hammerstein Ballroom on Thursday in New York City.

3 **Jenna Elfman**, **John Travolta**, **Kelly Preston** and **Laura Prepon** put their faith on display at the Church of Scientology Celebrity Centre 44th Anniversary Gala on Saturday in Los Angeles.

4 On Saturday, **Orlando Bloom** and **Condola Rashad** performed "Romeo And Juliet" on Broadway at the Richard Rodgers Theatre in New York City.

5 Also at the BMI R&B/Hip-Hop Awards, a dapper **MC Hammer** showed off his swag.

6 First lady **Michelle Obama** kicked off the US Open with first daughters **Malia** and **Sasha Obama** at the 2013 Arthur Ashe Kids' Day at USTA Billie Jean King National Tennis Center on Saturday in Queens, New York.

7 Actress **Heather Locklear** attended the Acura/KOST celebrity benefit concert and pageant on Saturday in Laguna Beach, Calif.

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Talkies from the Amazon

Exhibit. The Penn Museum looks back at an unusual expedition.

In 1931, just four years after "The Jazz Singer" changed film history, an Amazonian expedition teaming a wealthy industrialist, a famed big game hunter, an Academy Award-winning cinematographer and a Penn Museum anthropologist would make its own history as the first occasion where non-Western speakers were recorded on synch-sound film. But "Matto Grosso, the Great Brazilian Wilderness" would remain largely unseen for more than 75 years, until its 2008 restoration via a grant from the National Film Preservation Foundation.

Penn Museum's small exhibition, "Hollywood in the Amazon," presents the film along with artifacts brought back from the original expedition.

"It's kind of a hodgepodge," Kate Pourshariati, Penn Museum film archivist, says of "Matto Grosso." "It's really an expeditionary film, a depiction of what they were trying to do on the expedition. But there's also a lot of made-up material, reenactments and stagings."

That blend of fact and fiction was typical of documentary films of the era, most famously in Robert Flaherty's landmark silent film "Nanook of the North."

Cinematographer Floyd Crosby (the father of rocker David Crosby), who would go on to shoot the western classic "High Noon" and a number of films for B-movie master Roger Corman, won his Oscar for "Tabu," a South Seas-set collaboration between Flaherty and F.W. Murnau.

It was that success that led to Crosby's involvement in the Brazilian expedition, which was prompted by hunter Sasha Siemel, who boasted of his ability to spear a jaguar in midair — an attempt which, in fictionalized form, provides the climactic events of the film. He approached industrialist E.R. Fenimore Johnson, son of the Victor Talking Machine Company founder, who decided that a venture into the Amazon should have a more scientific purpose. Anthropologist Vincenzo Petrullo signed on, and the party set out to "record some new fragment of the unrecorded," as the film's narrator says.

"They had the crazy idea to take all this state-of-the-art Hollywood gear down to Brazil, which is interesting in itself," Pourshariati says. "And they were at this interesting moment for sound technology and had the foresight to be the first to film indigenous people speaking on film. The thing that's most exciting to me is that it's a first."

Director Floyd Crosby and sound technician Ainslee Davis recorded a scene with Bororo people for "Matto Grosso." / PENN MUSEUM

If you go

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For Edgar Wright, money ain't a thang

Interview. "The World's End" director talks about coming in under budget.

The British director wraps up his "Cornetto Trilogy" with "The World's End." / GETTY IMAGES

Edgar Wright knows how to stretch a dollar. With his "Cornetto Trilogy" of films — the zombie rom-com "Shaun of the Dead," the action bromance "Hot Fuzz" and his latest, the alien invasion pub crawl comedy "The World's End" — Wright tackles tales of arrested male adolescence but marries them with heaping servings of genre spectacle. And that doesn't usually come cheap.

While he won't give an actual figure for the production budget of "The World's End," Wright will say it was "more than 'Hot Fuzz,' but less than 'Scott Pilgrim' and less than 'Paul.'"

The secret to making it work? More work for Wright.

"The only way that was possible was that I had to direct second unit on Saturdays and Sundays," he says. "So there were points where I directed for 20 days in a row without a day off — and I would do main unit and second unit, so I would start at 8 in the morning, work through lunch and then all of a sudden do another four hours after the main cast had gone. And that was the only way to get through the schedule." He pauses, knits his brow. "I'm really just trying to get some sympathy here," he adds with a grin.

But while the funds available to him to make a movie have increased, Wright still keeps frugality at the front of his mind.

"Everything that I've done has always been really tight to the wire schedule-wise, budget-wise," he says. "But believe me, I've never been in the position where I've felt like I'm having a money fight on set. I've never stood on the set and thrown dollars at people's faces."

Quoted

"I've never been in the position where I've felt like I'm having a money fight on set. I've never stood on the set and thrown dollars at people's faces." Wright

Scoop

No news on 'Ant-Man'

Wright's next film, "Ant-Man," is his long-awaited entry into the Marvel universe and the introduction of a possible new Avenger. There's such a hunger for information about it, he explains, that some outlets get more creative with what qualifies as "news" about the project.

"Sometimes old news get repeated as a new exclusive," he says. "There was something that went around recently that said the 'Ant-Man' script is finished. And I was thinking, I'm sure I said that on the 'Scott Pilgrim' tour three years ago."

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DAN MAZER

The writer/director upended the rom-com cliche and relied on his bitter British humor for 'I Give It a Year.'

AVOIDING 'HAPPILY EVER AFTER'

British writer/director Dan Mazer has taken his exasperation over trite and cliched romantic comedies and channeled it into "I Give It a Year," putting the usual meat of a rom-com of a couple (Rose Byrne and Rafe Spall) meeting and falling in love into a wordless 90-second montage at the start of the film. Next thing you know, they're getting married — and it's all downhill from there.

Why can't Americans get romantic comedies right, the way Brits do?
I think British people by definition are relatively cynical and pessimistic and bitter in a way that Americans are much more embracing of everything and enthusiastic and gung-ho. And I think because the subject of romance almost by definition would always veer toward the saccharine, if you add the American sensibility to that, then the confection often becomes a bit too sweet. Whereas I think [with the British sensibility] it's like a salted caramel ice cream. It's that mix of sweet and bitterness that maybe Brits do quite well.

What was the impetus for this story?
Two, basically: First, the idea of being dissatisfied with romantic comedies and this being sort of a reaction to those. Too often we've seen the entirely fabricated tale of the ditzy L.A. PR girl who falls for the Australian sheep farmer and they're fundamentally ill-suited, but through a bizarre set of circumstances they have to join up to find a dog that swallows an engagement ring in Paris, and through doing that learn to love each other and it ends in a sort of fairy tale wedding. And the cynic in me always thinks, "Well, hold on? Why have we stopped here?" Actually what's much more interesting is what happens next, when they have to go and sit there and live their lives, because it's going to be terrible.

Quote

"I think British people by definition are relatively cynical and pessimistic and bitter in a way that Americans are much more embracing of everything and enthusiastic and gung-ho." Mazer

And the second impetus?
That sort of tallied up with something that happened in real life, which is that I went to a wedding of a good friend of mine who was marrying somebody that the entire congregation knew was completely ill-suited to them. Everybody was basically whispering in each other's ear, "I give it a year" as they stood up and took their vows. I thought, that's a funny jumping-off point for a film.

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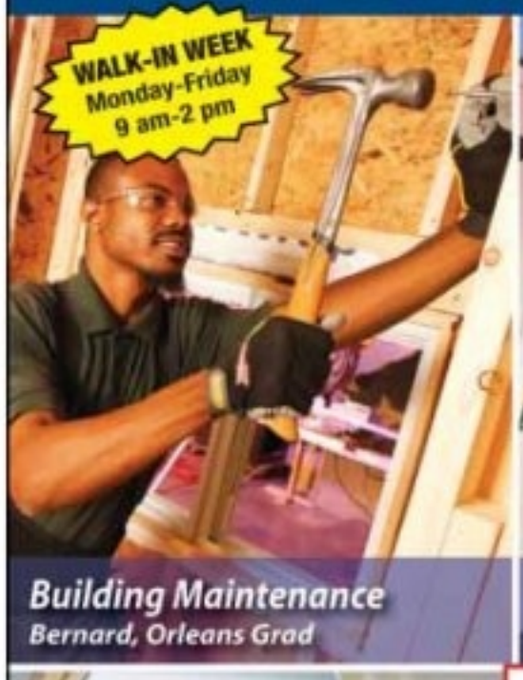

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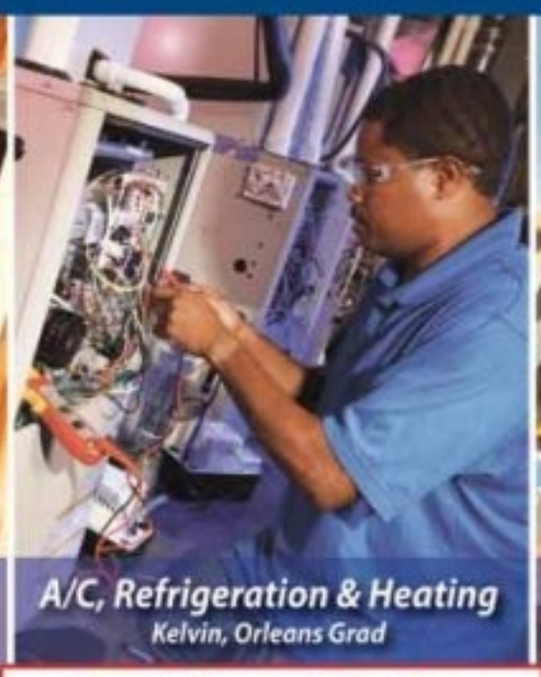

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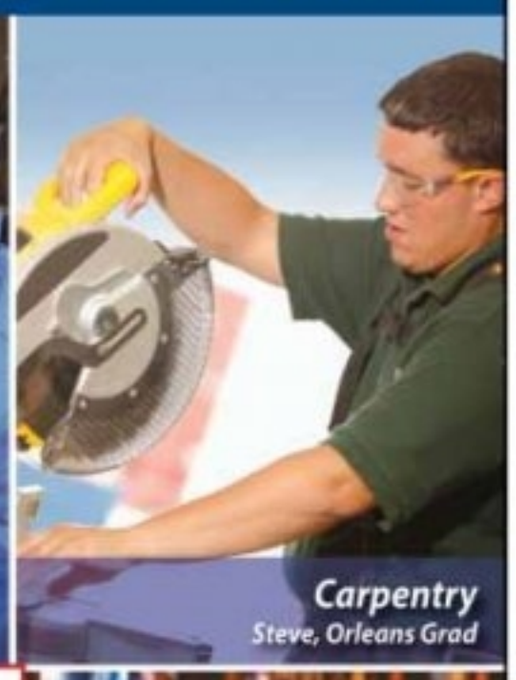

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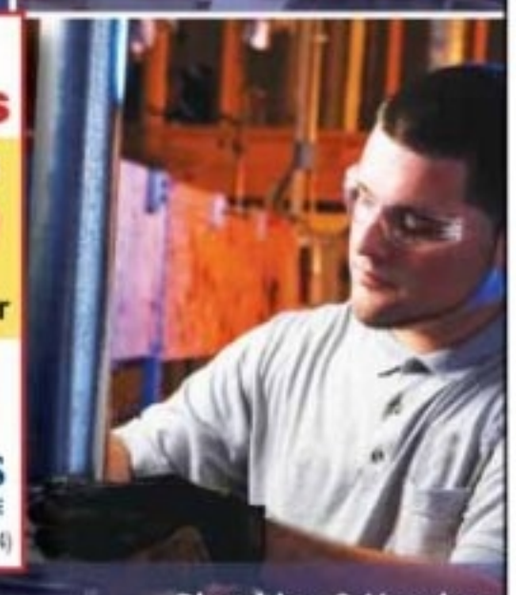

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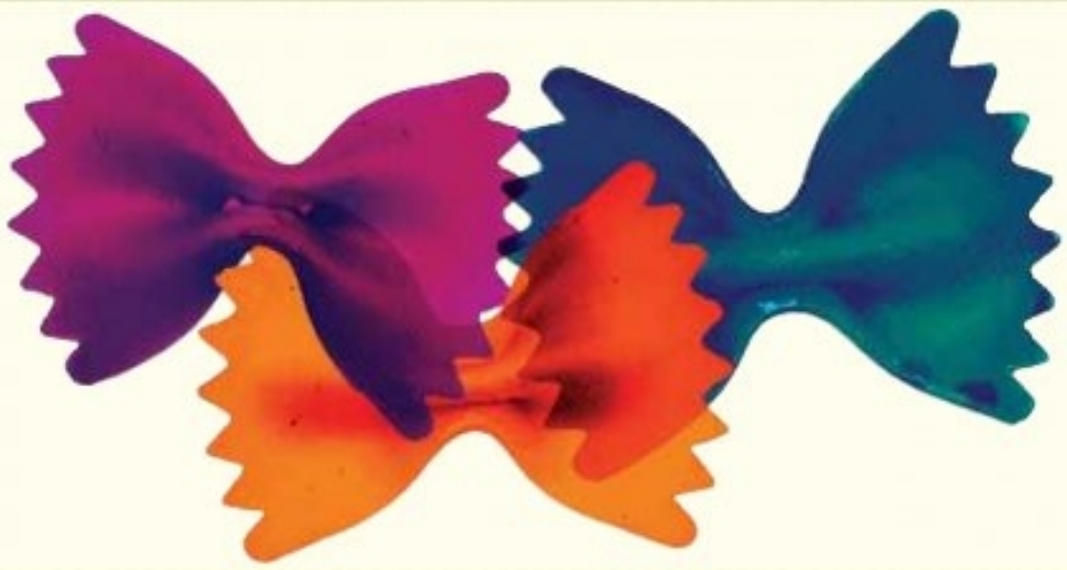

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*__Square 1682__
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DO YOU KNOW HOW TO PRONOUNCE FOIE GRAS?

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FWAH GRAH

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COULD BE IF I PICK THE RIGHT PLACE.

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ANY FOOD ALLERGIES WE SHOULD KNOW ABOUT?

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NOT THAT INTO PINEAPPLE.

LIKE DISCOUNT PARKING?

OBVS!

EVERYONE'S A CRITIC

WILL YOUR MOTHER-IN-LAW BE JOINING YOU?

I HOPE NOT. I REALLY, REALLY HOPE NOT.

THERE'S ALWAYS A CHANCE!

4 SIMPLE LETTERS: B.Y.O.B.

LOOK, THERE'S NO PLEASING THAT WOMAN. SO TURN BACK & PICK ANY PLACE.

'The Butler' still at the top

Box office. The civil rights drama works its way to a second win.

"Lee Daniels' The Butler" took home its second U.S. and Canadian box office title, topping a Jennifer Aniston comedy and a just released supernatural teen film.

"The Butler," the story of an African American man who served as a White House butler for eight U.S. presidents, earned $17 million in ticket sales from Friday through Sunday, according to studio estimates. Forest Whitaker stars as the title character opposite Oprah Winfrey as his hard-drinking wife. "The Butler" also topped movie charts a week ago.

Jennifer Aniston comedy "We're the Millers" again came in second, with $13.5 million.

"Mortal Instruments: City of Bones," based on a popular series of young adult novels, took the No. 3 slot, ringing up $9.3 million. The film stars Lily Collins as a teen girl who tries to protect the world from demons.

The Weinstein Company distributed "The Butler." Sony Corp's movie studio released "Mortal Instruments." Warner Bros., a unit of Time Warner Inc, distributed "We're the Millers." REUTERS

Top 5 earners

1. 'Lee Daniels' The Butler' $17 million
2. 'We're the Millers' $13.5 million
3. 'The Mortal Instruments: City of Bones' $9.3 million
4. 'The World's End' $8.9 million
5. 'Planes' $8.6 million

Forest Whitaker stars in "Lee Daniels' The Butler." / GETTY

TV watch list

REALITY

'The Real Housewives of Orange County'

This is the conclusion of a three-part reunion with the bleached-blonde bimbos who started it all. And by "it all," we mean the surgically enhanced human car crash that we can't tear our eyes away from. 8 P.M, BRAVO

FASHION

'Fashion Police: 2013 MTV Video Music Awards'

Missed the VMAs last night? You can catch the highlights of the really important stuff — who had camel toe, etc. — when reanimated cadaver Joan Rivers and company recap the night's fashion choices.
9 P.M., E!

REALITY

'Teen Mom 3'

It's back. MTV introduces a whole new cast of young girls who are gladly letting the world watch them throw away their futures.
SEASON PREMIERE, 10 P.M., MTV
ALEXANDRA CAVALLO

"Teen Mom 3" premieres tonight on MTV. / SCOTT GRIES

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Rotten fruit on the Vine

That's not funny. New video-sharing technology has fostered some of the oldest forms of contempt.

Society has come a long way in making racism unacceptable. But with the launch of Vine in early 2013, being racist seems to have been all the rage this summer. The site showcases videos of white behavior vs. black behavior, much like old minstrel shows.

Facebook's "Best Vines" page features the most "liked" and most popular Vines, several of which have racial overtones and negative stereotypes.

"It's been known for a long time that the Internet is a very popular place for hate speech," says Kim Pearson, the chair of the department of African-American studies at The College of New Jersey. "I think there are parallels between minstrel shows and much of what happens in popular culture today."

Let's back up. Minstrel shows were a popular form of entertainment for whites starting in the 1840s. They consisted of white actors in blackface, mocking blacks and portraying them as uncivi-

Two steps back

Social (anxiety) network

In today's society, built on decades of work by civil rights activists, this resurgence of public racism doesn't seem plausible.

But history professor Christopher Fisher of The College of New Jersey says our anxieties about economic and social status can influence our behavior, and especially the behavior of a dominant group in society.

"Whenever there is a moment of great social and economic anxiety in America, we tend to play out our emotions racially," he says.

"It's not me being racist," insists Vine video maker Danyelle Rose, pictured. "I am just making fun of well-used stereotypes. I, for one, think they're hilarious, and that's what it comes down to." / YOUTUBE, VINE

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"White People Dunking vs. Black People" has almost 300,000 likes online. / YOUTUBE, VINE

Nearly 200,000 people like "How Did You Do That?" YOUTUBE, VINE

lized.

Almost 200 years later, videos like "White People Dunking vs. Black People" and "How Did You Do That?" have repeated history. Both portray blacks negatively, with the latter one even suggesting that it's fried chicken and Kool-Aid that leads to success at basketball. Combined, these videos have almost a half-million likes.

How about "White Moms vs. Black Moms"? With 226,929 likes and rising, the video highlights a white mom telling her son who was just beaten up that she'll talk to his teacher immediately. Then, as the black mom, she comforts her bullied son with, "Get out here, you're gonna whoop his ass."

In just seconds, Danyelle Rose, the video's creator, can portray the black mom's response as inferior to the white mom's.

"I am aware that some people think I am racist, but that's OK because I know I am not," says Rose, who herself is part African-American. "I am adopted by a white mom and black dad. My mom does not act like the white moms I portray in my videos. She acts like the black ones."

In many of these videos, a black person is involved. Why?

Quoted

"Part of what a racist society does is force people who are the objects of that racism to internalize that self-hatred."

Kim Pearson, chair of the department of African-American studies at The College of New Jersey

Pearson says, "Part of what a racist society does is force people who are the objects of that racism to internalize that self-hatred."

Social media is still a new frontier for entertainment, and in older forms of entertainment, public figures like Paula Deen are explicitly condemned for racial outbursts. But anonymous Vine users fly under the radar and may have the potential to damage years of activism in just seven seconds.

JULIE KAYZERMAN
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From summer to September: Keep your vacation vibes going

You know that blissful mood you fall into each time the weather gets warm? It doesn't have to disappear after Labor Day. **ROMINA McGUINNESS**

Step 1

Become aware of whatever it is you're feeling

"If you're feeling anxious, try and bring your awareness back to your physical senses," says Andy Puddicombe, co-founder of Headspace, an online resource for meditation techniques. "Observe your posture, notice any tensions or sensations in the body, any smells or sounds, and sensations of heat or cold. Mindfulness isn't about emptying the mind, or suppressing uncomfortable emotions, but learning to witness these thoughts and feelings, free from distraction and judgement. Acknowledge them and they'll gradually begin to unwind," he explains.

Step 2

Spend a few minutes meditating

"There are 1,440 minutes in one day: Take 10 to meditate and you'll feel less stressed, less tired and less anxious," says Puddicombe. "A healthy mind is the lens to a healthy life," he tells Metro. Meditation only works if you actually keep to it, so try and establish a regular practice that fits into your daily routine.

Step 3

Move more

"Our bodies are designed to move, so move every day. It doesn't have to be strenuous," James Duigan, trainer to model Rosie Huntington-Whiteley and co-founder of Bodyism clinic, tells Metro. Go for a walk or do some squats before lunch. "Don't just think about exercising as a way to look better," he says. "Embrace it as part of your life."

Step 4

Divvy up your meals and lay off the alcohol

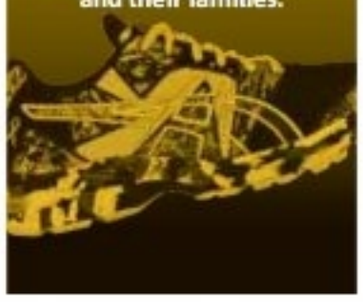
Duigan recommends eating five healthy meals a day, two of which should be smaller snacks. "Snacking ensures you don't overeat and will also help speed up your metabolism. Swap sugary treats and low-fat foods (often packed with hidden sugar) for foods like raw nuts, turkey slices, berries, vegetables or pea protein shakes (try Bodyism's Protein Excellence), he explains. And stay away from alcohol. "It will make you feel sluggish, bloated and reduce your body's ability to burn fat," he warns.

PLUS

New kicks

ASICS GEL-Noosa Tri 8

ASICS is debuting a line of sneakers Sept. 1 that will raise money for Childhood Cancer Awareness Month. Two dollars from each specially-marked pair of shoes, like the GEL-Noosa Tri 8 running sneaker ($130), will be donated to Cookies for Kids' Cancer, a nonprofit founded by Gretchen and Larry Witt after their son was diagnosed with neuroblastoma in 2007. Their organization inspires individuals and groups to host bake sales and other events to raise money for pediatric cancer patients and their families.



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Trick out your dorm room

Home sweet home. Expert advice on how to make the most of your cinder-block palace.

Home is where the plush fabrics and family photos are. / GETTY IMAGES

So you've left the nest and your childhood bedroom is poised to become a glorified storage closet for your family's things. Interior designer Tamara Dunner says the best way to make your new, tiny dorm room space feel like home is to decorate with care, with an eye toward color, pattern and style.

What advice do you give to college students who want to make their new home a little brighter?
I think it's important when you're moving or relocating to bring some things from home. Bring your picture frames with photos of all your friends. They don't have to be standard black picture frames; if you're more traditional, you can do a whitewashed finish.

Any tips on style conflicts between roommates?
Chances are, you and your roommate the first year might not be best friends, so make your own separate area. My daughter was very into neon colors and the girl next to her was into lace and horses. You have a corner, and you pick one area and that's your space where you can show your personality. Mostly what happens is that you meet your roommate months before, and a lot of students will compromise. Decorating the rooms is putting your own individual style to it, which is important.

What advice do you give to students setting up for the first time?
It's your first home away from home; it should be a secure place for you to come after school where you feel comfortable. It's always hard that first year, so you want to emphasize that you want to personalize your own little cave, your own little place. Bring something that reminds you of home, pictures of family or pets, blankets. Bring your favorite pillow and also scents — candles or body lotions — that remind you of the places that you were.

What about the walls?
You can get posters, but I know they [usually] won't let you stick nails in the walls in the dorm. You can get these light picture frames from Ikea or even take postcards and hang them on the wall. You can get Christmas lights to make it a little bit more funky.

JULIA FURLAN
julia.furlan@metro.us

Product spotlights

Privacy tent

Close quarters can be awkward when you want some privacy. With this pop-up tent, you can pretend your roommate's girlfriend drama doesn't exist, or just escape the distraction-factor of dorm living. Available on Fab.com's back-to-school sale throughout August and September.

(Back)packing neon heat

You can say more than "I care about preserving my spine," with a backpack. Any range of styles and patterns is in stores right now, but if you really don't want to be missed — or want a real conversation piece — this textured neon orange backpack, available at MadPax.com, will get people talking. And that means you can do what you really came to school to do: Make friends.

Newbie. Surviving your freshman year of college

Those dorm pizza parties are nothing to skip out on if you want to make new friends. / IMAGE SOURCE

The days are getting shorter, your inbox is filling up with newsletters about sales and the TV commercials are all pointing to one thing: It's back-to-school time. Only this year is different because you're ditching that dusty high school for college. It'll be strange, emotional and definitely scary at first. We found out what it takes to shine as a frosh.

Meet new people

Each activity — orientation, dorm hall meetings and even class — can be an opportunity to chat up someone new. "Don't be afraid to branch out and meet new people," advises Mitch Verboncoeur, a senior resident assistant at Rollins College in Winter Park, Fla.

Matt Aiello, an RA at Vermont Technical College, suggests using dorm time as a way to interact with fellow newbies. "Living in a residence hall can be scary, but simply leaving your door open lets your floormates know that you are interested in meeting new people and others will jump at the opportunity."

Go indie

Remember, Mom and Dad aren't here to harp on you, but they're also not here to lick your wounds. "Become your own problem solver," says Zachary Beaver, director of Student Engagement and Leadership Development at American International College in Springfield, Mass. "Stop calling Mom and Dad when something small happens. Learning to solve your own problems helps you gain independence." JULIA WEST

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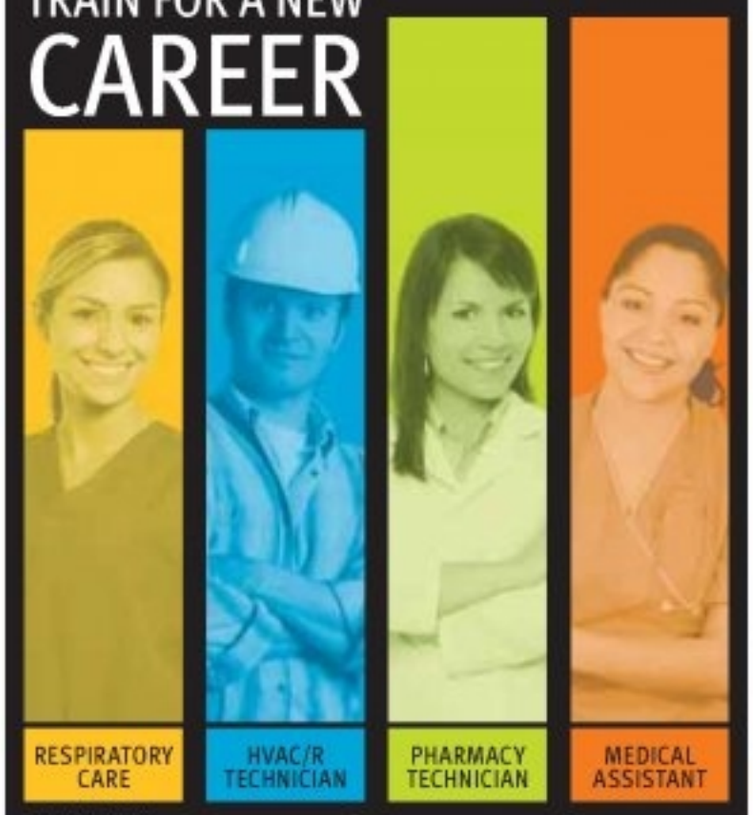

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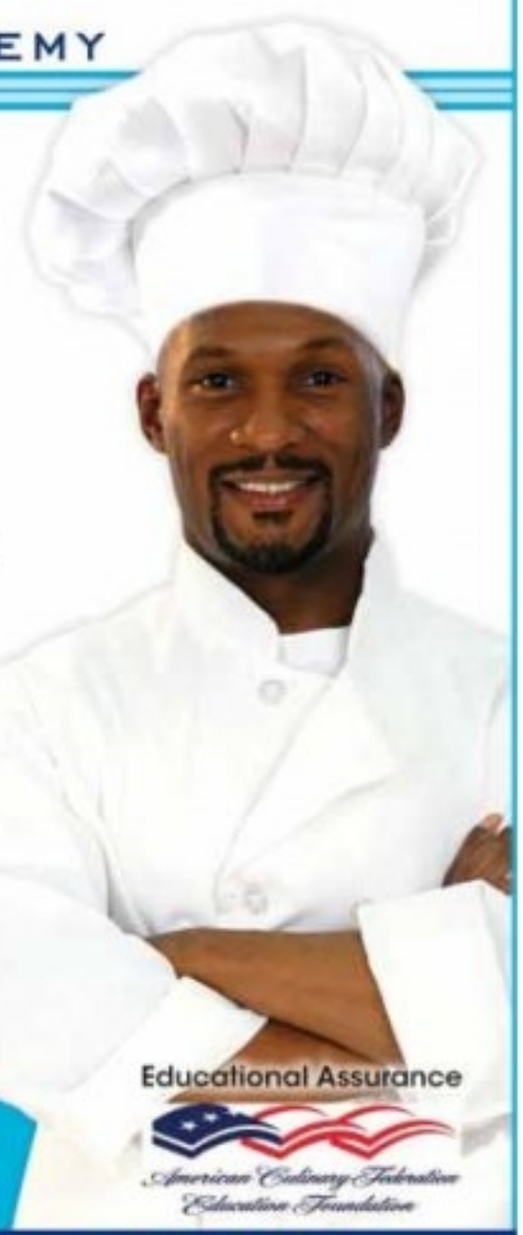

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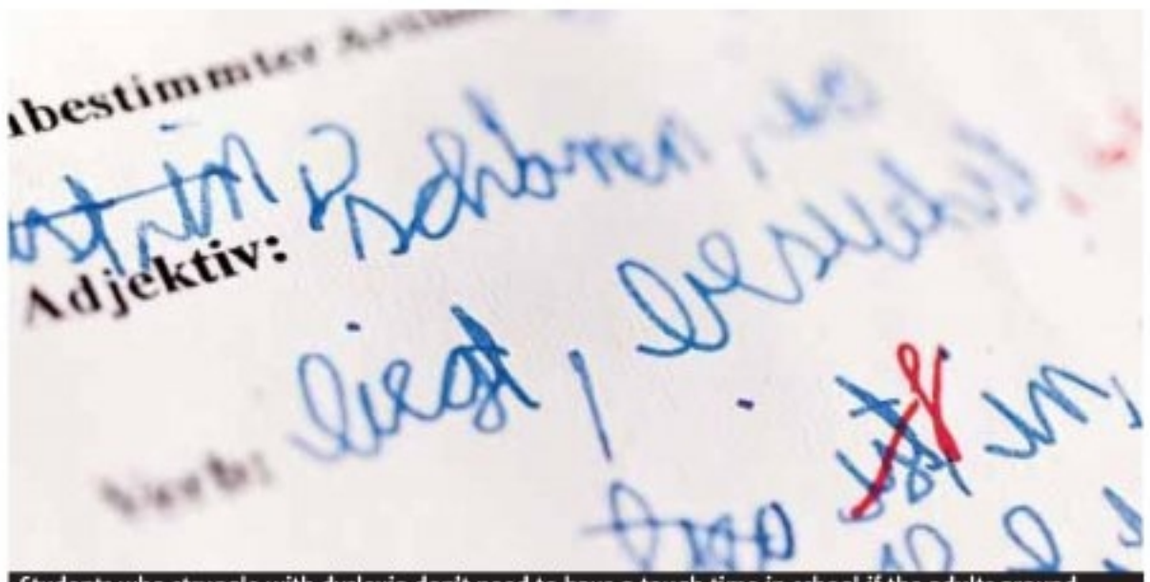
Advice

- **Encourage your child's resiliency:** "I cannot emphasize enough, you really want to explain to your kids that they're not broken and that they're smart and you love them. The main thing you're looking to build in your child long-term is resilience," Foss says. "You can do it by giving your child unconditional love and responsibility."
- **Get your child formally identified:** Foss explains that this will be a defense against schools trying to tell you "your kid's just developing slowly" or "your kid's just not college material."
- **Get the facts:** "Learn what dyslexia is, learn the background, explain it to your child and then teach your child how to explain it, because they're going to run into people all day at school who have questions for them," says Foss.



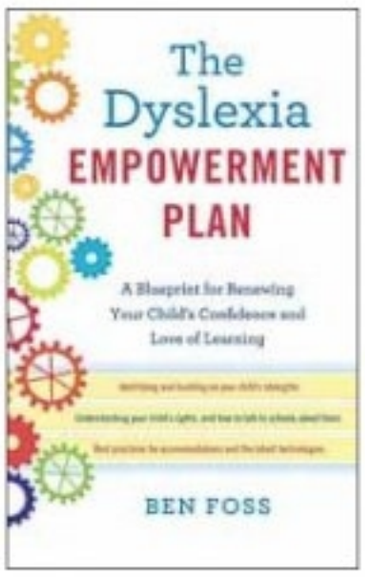
Students who struggle with dyslexia don't need to have a tough time in school if the adults around them are well-prepared and well-equipped. / GETTY IMAGES/ZDONAR RF

Reading around the roadblocks

Planning. Playing to your child's strengths and paying attention to the positives can make dyslexia easier, a new book advises.

If you're reading this article on public transit, chances are there are at least five dyslexic people in your midst. The reading disorder affects 10 percent of the population, with about 400,000 children diagnosed per year.

Dealing with dyslexia himself, Ben Foss knows first-hand and gives his insights in his new book, "The Dyslexia Empowerment Plan: A Blueprint for Renewing Your Child's Confidence and Love of Learning." We asked him for his best advice.



Identifying dyslexia: Knowing if children have dyslexia starts with paying attention to their habits and strengths. Foss says that if children mispronounce words or avoid reading aloud, that could signal to parents that it's a good idea to have the child tested. Some dyslexic children have trouble memorizing a series of numbers, or confuse similar-sounding words. Parents should focus on the positives, he says. "If your child is dyslexic, you find where [his or her] strength is and play to it."

Orient your thinking: Foss says a perspective shift is also in order. "Don't think about dyslexia as a disease. I am from New Hampshire. I'm not diagnosed as being from New Hampshire, I don't suffer from being from New Hampshire — I just am from there. What you suffer from is being in a school that expects everyone to do things the same way. If you're in a wheelchair, the problem is not the wheelchair, it's the stairs."

JULIE KAYZERMAN
letters@metro.us

Debunking dyslexia

Myth #1:

"Your child needs to be fixed."

"I think one of the biggest myths is that we're going to fix your child. The thing is, your kid's not broken in the first place," Foss says.

Myth #2:

"It's better not to tell your children they have dyslexia."

"The child will figure it out and needs to be a part of the team," he says. Dyslexic students "need to get out there and do the hard work of telling their story and self-advocate, so you really want to learn to embrace the profile."

Myth #3:

"Reading is the best way to learn."

Foss reminds parents that reading is not like blinking or breathing. "It's only been in the last 100 years that humans have been expected to read," he says. "I completed Stanford Law School while never reading a book with my eyes." Foss suggests other options such as audio books or iPads that read aloud to you as extremely productive ways for your child to obtain information.

Myth #4:

"It's your fault."

"The only thing you contributed were your genes," explains Foss. "Dyslexia is genetic."

Copycat. Rethinking how professors deal with students who cheat may be the best way to manage them.

Cheaters don't have to prosper

As a longtime English professor at Assumption College, James M. Lang has dealt with plagiarism for a number of years. And along the way, he has developed a firm commitment to enforcing the rules.

But it wasn't until he came across Duke University psychologist Dan Ariely's research on cheating and dishonesty that he fundamentally reexamined his approach to the problem.

"When Ariely and his colleagues wanted to create a situation that nudged people toward cheating, they knew how to do it," says Lang. "And it just hit me: If they're capable of doing that, why aren't we capable of creating an environment that leads people away from cheating?"

Lang's latest book, "Cheating Lessons: Learning from Academic Dishonesty," explores that very question. And his verdict is in: Professors are decidedly capable of decreasing cheating by subtly changing the framework of the classroom. For Lang, the key is a shift away from a "performance orientation" toward a "mastery orientation." "If the teacher is constantly pointing to the test and teaching toward the test, that can be a performance orientation. But perhaps a bigger problem develops when a teacher doesn't give the student any choice in how they demonstrate learning," says Lang. "They make students responsible for a huge body of material, but only give them a few tests to show they learned it. A better way is to say, 'Show me what you've learned. Here's 12 different ways to do that.'"

And there's a huge fringe benefit to this shift, for both students and professors: "It turns out that when students have a performance orientation, not only do they cheat more often, but they actually learn less, even when they aren't cheating," reports Lang. "They tend to engage in shallower forms of learning, where they don't retain much afterward."

Quoted

"It turns out that when students have a performance orientation, not only do they cheat more often, but they actually learn less, even when they aren't cheating."

Lang

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JULIA FURLAN

Computers and keyboards are an integral part of work nearly anywhere — and so are the aches and pains that come with them. Those little twinges can become chronic problems and repetitive strain injuries, such as carpal tunnel syndrome. Not having the proper ergonomics during long office hours can strain tendons, muscles and affect your nerves. Dr. Lewis Peterson says he sees these cases all the time on the chiropractor's table — and he has some tips to prevent and ease the discomfort.

Move it

Nobody has time to have a dance party in the middle of the day, but Peterson says moving around is a great way to give your fingers, eyes and spine a rest. "Most habits are formed unconsciously," Peterson says, so getting up out of your chair every 45 minutes or so is a good start. "You don't have to do anything special," Peterson says, "just go stretch your legs, get some water, reach your hands up to the sky. It's like resetting yourself."

Sit right

Getting used to sitting properly is a huge step in the right direction, Peterson says. "When you're seated, your feet should be on the floor — not crossing your legs or tucking them under the chair, and not cross-legged on the chair." No matter how much better it looks, crossing your legs brings more weight to one side of your body than the other, which is a no-no according to Peterson.

Put your computer screen at eye level

Peterson says that the first step to feeling better when you're looking at a screen all day is to make sure that screen is in the right place. "The monitor should be eye-level and looking straight ahead, not down," Peterson says. "And your keyboard and the mouse should both be close to your body." A good way to judge, he says, is to have your elbows touching your body, so your elbows create a 90-degree angle.

Extra tip

Lose the laptop

Laptops were not designed for prolonged use and should be adapted with a proper keyboard as a rule, Peterson says. "When somebody has to use a laptop as their primary computer, I always suggest that they buy a keyboard and attach the keyboard. It makes a big difference."

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Horoscope

♍ Virgo | Aug. 23-Sept. 22. The people you encounter and the places you visit today will prove valuable. Know your limitations, but try your hardest.

♎ Libra | Sept. 23-Oct. 22. Do what's expected of you and keep moving. If someone is being pushy, find out why and do your best to defuse the situation.

♏ Scorpio | Oct. 23-Nov. 21. You're in an interesting cycle that will expand your spirituality and ability to handle change. Discuss those innovative ideas.

♐ Sagittarius | Nov. 22-Dec. 21. Avoid gossip; someone could get you to talk out of turn. A change in your finances due to pressure will result in stress.

♑ Capricorn | Dec. 22-Jan 20. Money is heading in your direction, enabling you to do more of what you enjoy. Your boss will recognize your efforts.

♒ Aquarius | Jan. 21-Feb 18. Improve your health and the way you present yourself to the world. You'll need patience as well as a degree of financial flexibility.

♓ Pisces | Feb. 19-March 20. It's a good day to drum up interest in an idea. Discuss your plans with helpers. The right colleagues will be eager to aid you.

♈ Aries | March 21-April 20. Keep your life simple. A move or domestic change will result in higher costs with someone you expected to help you.

♉ Taurus | April 21-May 21. Share your thoughts with knowledgeable people. Your recent personal growth will help you develop a friendship with someone.

♊ Gemini | May 22-June 20. Change your routine and welcome events that introduce you to alternative ways of reaching your goals. Trust your own instincts foremost.

♋ Cancer | June 21-July 22. Use your creative assets to present your ideas. You will get the support you need to make worthwhile contributions to a cause.

♌ Leo | July 23-Aug. 22. You'll be eager to try something new or to enjoy the company of someone refreshing and eccentric.

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Sudoku: Easy and hard

8	2		5					9
			1		6		2	
				2	9	3		7
2	3		7					
	6			1			4	
					4		5	6
1		8	4	9				
	9		3		2			
3					1		7	5

			7					1
7	8	6			1		3	
		1		9		6		
6	3	9	2					5
5					3	1	4	6
		7		3		5		
	1		6			2	9	4
4					9			

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Taxpayers happy to foot the bill

I'm sure I can't even come close to the pain and suffering Bradley Manning has endured, and I'm not about to try and condemn his choice(s). I only lend my support that his dream to be what he's always wanted to be comes true. We all know what dreams are. How can any of us wish to take that away from any human being who just wants to fit into society with purpose? Some say taxpayers shouldn't have to foot the bill for his hormone therapy. What about the taxpayers who are more than willing to help support this guy's desire and need? I would definitely contribute to a legitimate fund to help finance Chelsea's quest. I think a lot of other nonconformists would be willing to do the same.

VINCENT M. CREAR, VIA EMAIL

The US should stay out of Egypt

The U.S. should not support the Egyptian army directly or indirectly. The whole world can make a simple judgement — what is the U.S.'s role in the Middle East? Also, what the army is doing now is totally against U.S. norms and values.

MOHAMMAD UDDIN, VIA EMAIL

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Crossword

Across

1 Brief upturn
5 Solitary hunter
10 Ore hauler
14 Loughlin or Petty
15 Fashion's -- Simpson
16 Icicle site
17 Astronaut -- Shepard
18 Party pooper (2 wds.)
20 Folger rival
22 — — loss
23 Ballpark figure
24 Rough like a snake
26 Kids' card game
27 Unruly
30 Razed
34 "Me" devotee
35 Not rosy
36 Barcelona bear
37 Short-term worker
38 Extemporaneous (2 wds.)
40 Appraise
41 One, to Conchita
42 Kite-flyer's need
43 Kitchen gadget
45 Curious maiden
47 Stockpiles
48 Job-ad letters
49 Brother's child
50 Yet to come
53 Some bout enders
54 Fix firmly
58 Slapped together (hyph.)
61 Lugosi of horror flicks
62 What the suspicious smell (2 wds.)
63 Mountain curves
64 Covert
65 Overly impulsive
66 Not those
67 Delightful place

Down

1 Lesage hero Gil —
2 1970 Kinks tune
3 Baha'i origin
4 Dismiss (hyph.)
5 Playing marble
6 Perfect models
7 J. Paul —
8 Napoleon's isle
9 Bro., e.g,
10 Prof's goal
11 Casanova
12 Broad sts.
13 New York team
19 Tequila cactus
21 Playing cards
25 He wore a top hat in "Top Hat"
26 Kind of mat
27 Pause
28 Booster rocket
29 Lennon tune
30 Thai neighbor
31 Bank deals
32 First name in cosmetics
33 People of action
35 Univ. degree
39 Court evidence, maybe
40 Favor
42 Director — Allen
44 Gait
46 Shortage
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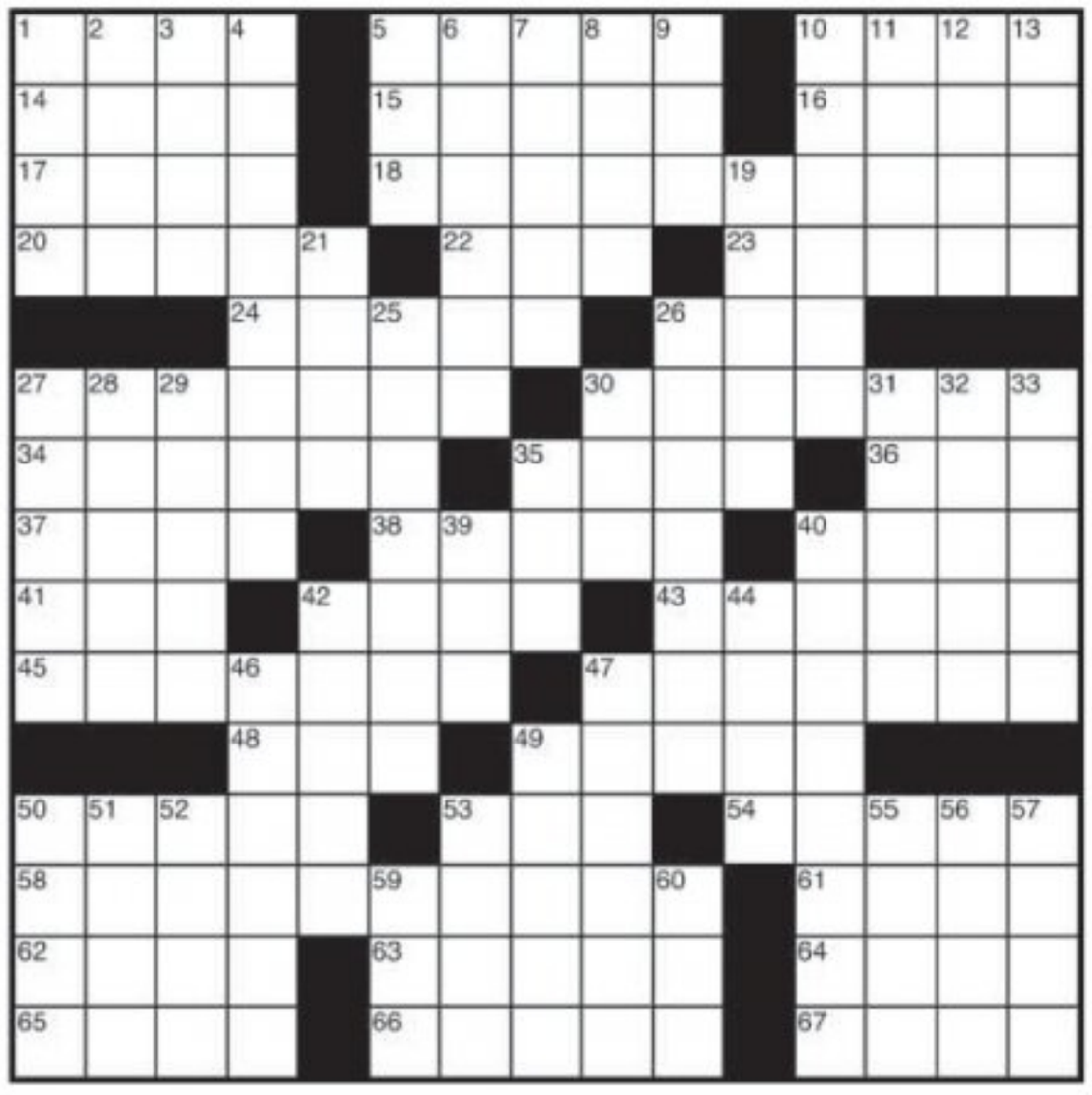
60 Mao — -tung



Weekend's answer

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3 SPORTS

Chase Utley and Carlos Ruiz celebrate Friday night's walk-off win. Utley won the game by drawing a bases-loaded walk. / GETTY IMAGES

Don't kill new Phillies vibe

MLB. Ryne Sandberg's team is finding new and exciting ways to win games every single day.

Sometimes change is good just for the sake of it. There's a different vibe in the Phillies' clubhouse and, more significantly, on the field.

"We're feeling really good right now as a team," Kevin Frandsen said. "We feel like we can win any game. We feel like we can come back from any deficit."

After coming back to win three games in a row last week, the Phillies roared back from a six-run deficit Saturday night against Arizona only to lose in an epic 18 innings.

That's a far cry from the Charlie Manuel-led team, which fell off a cliff during a 4-19 run.

"Sometimes you have to shake things up," said Diamondbacks TV color commentator Bob Brenly. "When a team, particularly one with the level of talent the Phillies have has so much trouble, maybe you have to make a change. Charlie did a great job with the Phillies. He won a World Series here and had a great run, but managers know that you don't manage in one place forever. It always comes to an end eventually."

Brenly understands Manuel's situation. Two-and-half years after leading Arizona to its lone World Series title in 2001, Brenly was fired after getting off to a 29-50 start in 2004.

"That's the business," Brenly said. "I look at it like I was incredibly fortunate to get the job as manager of the Diamondbacks. Winning it all was the most incredible experience. It was absolutely surreal. I'm sure Charlie looks back at it the same way. It all worked out."

ED CONDRAN
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Phillies. Halladay effective in surprise return to rotation

Roy Halladay made a surprise return to the Phillies' rotation yesterday.

Halladay, who has spent the past four months rehabbing from shoulder surgery, allowed two runs on four hits in six innings in a 9-5 win over Arizona.

"The movement is back to where it used to be," Halladay said. "The velocity is the last thing to come."

The right-hander said he didn't find out he was pitching until GM Ruben Amaro Jr. called him close to midnight following the Phillies' 18-inning loss Saturday night. METRO

Halladay went six innings in a 9-5 win. / GETTY IMAGES

Manic Monday

Nine innings not enough

Saturday night's 18-inning marathon was the longest game in Phillies franchise history.

The game lasted seven hours and six minutes. It was also the second-longest game in all of baseball since June 3, 1989.
METRO

Walk it off

Phils spinning some records

The Phillies had three straight walk-off wins. They are the first team to do that since the Kansas City Royals, who had four consecutive walk-off victories in 2000.

"We're just playing with a lot of confidence right now," Michael Young said. "We know what we can do. We have so much confidence. It's just a matter of getting out there and doing it."
ED CONDRAN

Let's play two

Brown targets quick return

Domonic Brown sat out yesterday after leaving Saturday's game with right heel soreness.

Brown expects to be back in the lineup today when the Phils take on the Mets in New York. The outfielder has been taking medication to get the swelling down. METRO

Brown / GETTY IMAGES

NBA

Sixers add point guard

The Sixers acquired point guard Tony Wroten from Memphis in exchange for future draft considerations. Wroten was the 25th overall pick in the 2012 NBA Draft. The 20-year-old appeared in 35 regular-season games last season and averaged 2.6 points for the Grizzlies.

Watch online

Find a recap and video from yesterday's Phillies-Diamondbacks game at: **Metro.us/sports.**

Jamar Chaney was released by the Eagles yesterday. The team drafted him in 2010. / GETTY IMAGES

Eagles beat Jaguars, trim down roster

NFL. The Birds cut Kenny Phillips and Jamar Chaney one day after rallying to beat Jacksonville.

The most meaningful game of the preseason is in the books.

The Eagles rallied to beat the Jaguars, 31-24, over the weekend. Mike Vick looked shaky at times, but overall Vick seemed to have a firm grasp on Chip Kelly's offense. Vick isn't expected to play in Thursday's preseason finale.

"I had an interception and we had a fumble coming out of the first quarter. All of those could have resulted in points," Vick said. "Other than that, we did good."

Cutting back

The Eagles cut 12 players to get down to 76 players.

- TE Derek Carrier, DE Ed McClam, WR Nick Miller, T Nic Purcell, DE Isaac Remington, TE Will Shaw, DT Daryell Walker, CB Eddie Whitley, LS James Winchester, P Brad Wing, LB Jamar Chaney, S Kenny Phillips

Yesterday, the Eagles started trimming the roster. The team released 12 players, including safety Kenny Phillips and linebacker Jamar Chaney. The roster stands at 76 and must be whittled down to 75 by 4 p.m. tomorrow. The deadline for the 53-man is Aug. 31.

Three players that have nothing to worry about are LeSean McCoy, Bryce Brown and Chris Polk. Brown ran 11 times for 92 yards and a touchdown, with Polk adding 23 yards and a score. The only negative for the crew was a costly fumble near the goal line by Brown.

"We were our own worst enemy," Kelly said. "We turned the ball over three times. Those are the things that kill drives."

Vick agreed with his coach and took it a step further.

"I think we need to do a better job of finishing," Vick said. "We were able to put drives together, but were not able to finish off in the end zone."

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Bills

Kolb out with concussion

Kevin Kolb is hurt.

The former Eagles quarterback was kneed in the back of the helmet Saturday. Kolb, who now plays for Buffalo, was treated for concussion-like symptoms. The Bills signed Matt Leinart. **METRO**

Jets

Sanchez hurts right shoulder

Mark Sanchez is day-to-day after injuring his shoulder.

The Jets quarterback hurt his right shoulder in the team's 24-21 win over the Giants. Sanchez is competing with rookie Geno Smith for the job. He was 5-of-6 for 72 yards. **METRO**

Raiders

Pryor getting first start

Terrelle Pryor will start at quarterback for the Raiders on Thursday night.

Oakland's expected starter, Matt Flynn, is nursing an arm injury. Pryor took first-team reps in yesterday's practice. **METRO**

Vick 'can't wait' for opener against 'Skins

Mike Vick did some good things Saturday night. He went 15-of-23 for 184 yards and a touchdown, while rushing for 53 yards. Vick also did some bad things, like throwing an interception and taking a few ill-advised sacks. Either way, he declared himself ready for the season opener. "After tonight, I feel like I'm ready. I can't wait." / METRO, GETTY IMAGES

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Getting back into championship form

NCAA. Villanova's quest for the FCS National Championship begins Saturday vs. Boston College.

Andy Talley has a few holdovers from the 2009 FCS Championship team. / GETTY IMAGES

When Andy Talley talks to his Villanova Wildcats about having the makings of a championship team, they'd better listen. After all, he's been there, done that.

In fact, he still has a few players left from 'Nova's 2009 FCS National Championship squad.

"I come out and look at the trophy, see that picture and you wonder if we're ever gonna be there again," said Talley, whose No. 5 ranked team opens the season Saturday against Boston College. "I think this team we have right now can be a good challenger. But you need a lot of luck. You need to stay healthy. And the big thing is to be able to win the close games."

One thing those championship Wildcats and this year's model have in common is a top-notch quarterback.

John Robertson went from benchwarmer to FCS Freshman of the Year in 2012 after throwing for 1,965 yards and 14 touchdowns, while rushing for 1,021 yards and 14 more scores.

"He is brimming with confidence, and really perceived as the leader of the team," said Talley, who has 17 starters back from last year's 8-4 squad. "I think the team pretty much knows that we are going to hang our hat on him."

And they can all draw inspiration from that 2009 team that went 14-1.

"Six of us who are seniors were all on the team," said tight end Joe Price, who redshirted that year. "We saw it happen. Villanova can win a national championship. But you can't really look down the road. Just execute on game day and take it game by game. Put yourself in position to make the playoffs."

It all begins Saturday against a familiar foe. Former Temple coach Steve Addazio will be patrolling the BC sideline.

"They could come in and change their scheme on us, but Steve Addazio's teams haven't been passing-type teams," said Talley. "I suspect playing an FCS school their concept is, 'We're gonna mash these guys and wear 'em out.'"

JON MARKS
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The slate

A look at Villanova's first six football games:

- Aug. 31 at Boston College
- Sept. 7 at Fordham
- Sept. 21 vs. Stony Brook
- Sept. 28 vs. Penn
- Oct. 5 vs. William & Mary
- Oct. 12 at Towson

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Diekman starting to shine in bullpen

MLB. The Phillies left-hander is showing unlimited potential with his "electric stuff."

Jake Diekman can hit 99 miles per hour on the radar gun. He tossed a scoreless ninth inning yesterday. / GETTY IMAGES

As the Phillies play out the string, it's time to look for glimmers of hope for 2014.

Jake Diekman appears to be one. The lanky left-hander was throwing smoke last week. He hit 99 miles per hour on the gun to punch out Nolan Arenado in a tough situation. He also threw a scoreless ninth inning in yesterday's 9-5 win.

"There is no doubt that Jake Diekman has electric stuff," MLB analyst Mitch Williams said. "It's just a matter of him fine-tuning it. This is a guy that can be one of the best relievers in baseball. I don't look at him as a situational left-hander. He's the kind of guy that can get everybody out."

In terms of pure stuff, Diekman is at the head of the kiddie corps in the Phillies' bullpen.

"I know I can pitch up here," Diekman said. "It's just a matter of me progressing. I really think I can get to the next level."

Diekman doesn't just throw hard. He hides the ball well and throws from a funky angle.

"He has what it takes to be an elite pitcher," Williams said. "He's going to be tough on anybody."

Yesterday, Diekman struck out two Diamondbacks in his lone inning. Last week, he fanned the face of the Rockies, Todd Helton.

"Diekman is the guy who could really make a difference in the Phillies' bullpen next year," a NL scout said. "They need some other pieces, but he's the young kid who could make a difference next season for them. Diekman is one of the guys who could help turn things around for the Phillies."

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Golf. Adam Scott claims Barclays with one-shot victory

Adam Scott proved to be a tad hungrier than the rest of the field yesterday at the Barclays.

The Masters winner scored a one-shot victory at Liberty National golf course after playing a bogey-free round. Scott was already in the clubhouse as Tiger Woods and Justin Rose missed key putts down the stretch and handed the championship to Scott. The win bumped him up the golf rankings to No. 2 in the world.

"There were so many guys out there with a chance, and I really didn't think I had much of a chance," Scott told The Associated Press. "If you hang around the lead long enough, you're going to win some, you're going to lose some. And this one went my way."

The event was the first in the FedEx Cup playoffs.

The top 100 players advance to the second playoff destination next week. METRO

Leaderboard, Top 10

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- Justin Rose -10
- Tiger Woods -10
- Gary Woodland -10
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Adam Scott is the No. 2 golfer in the world. / GETTY IMAGES

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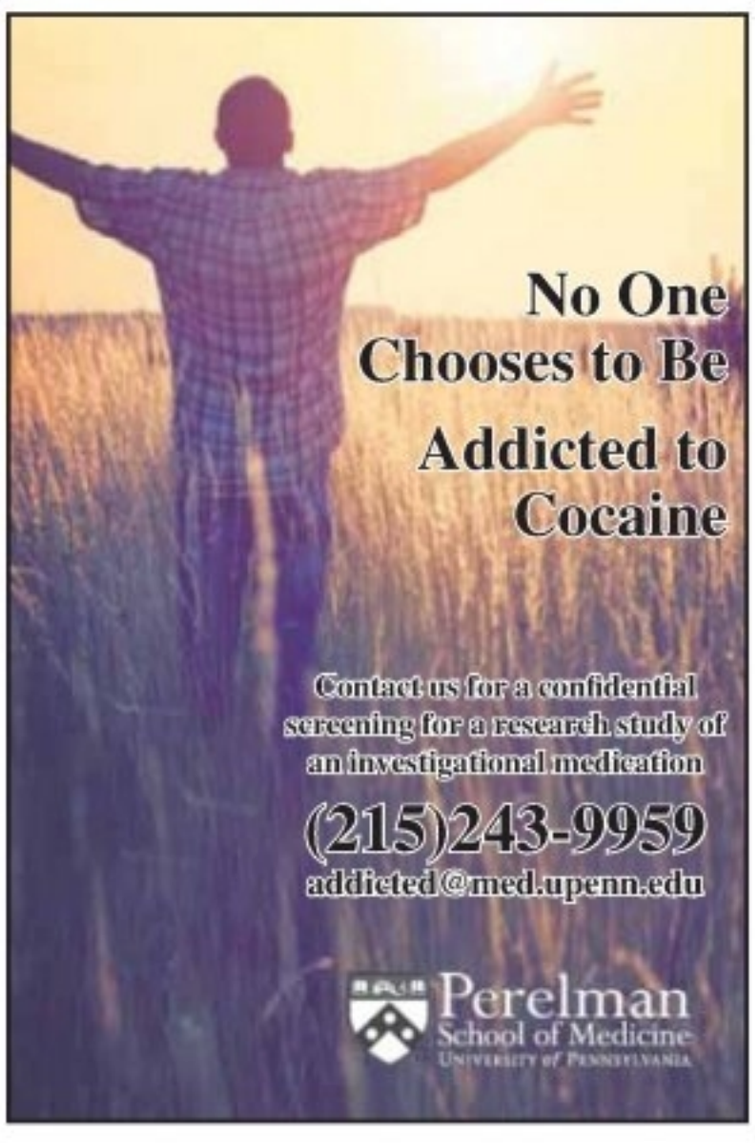
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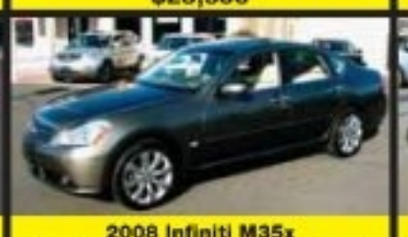

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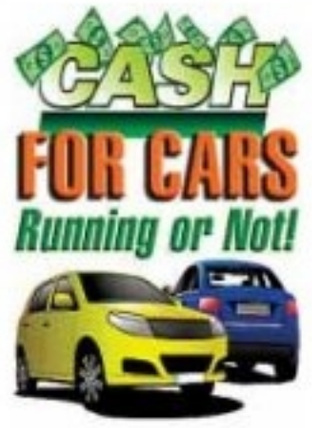

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